THE NEW HIT KING'S GREATEST MOMENTS

WE COUNT DOWN THE BEST OF RECORD-BREAKER JIMMY ROLLINS PAGE 19

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Monday, June 16, 2014 www.metro.us | t: MetroPhilly | f: MetroPhilly

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How to meditate in only 60 seconds

PAGE 15

The sage advice celebs gave graduates

PAGES 16-17

Ice Cube's '22 Jump Street' ride-along

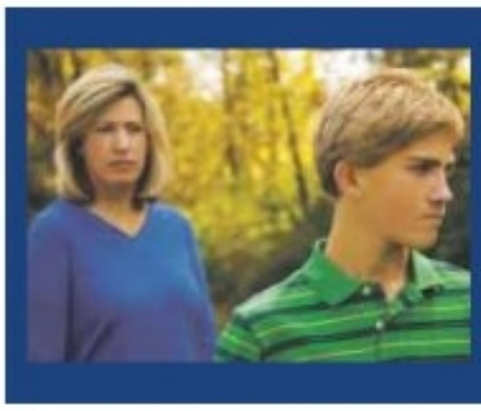
PAGES 12-13

SEPTA strike over, but contracts not set

Back on track. The regional railways were silent on Saturday as workers went on strike, but a federal mandate brought them back on Sunday. **Not over.** SEPTA and the unions are set to meet next week for contract hearings. PAGE 02

BLOOMSDAY SCENARIO PAGE 04

Farrar Fitzgerald, left, of the Rosenbach Library, shows a first edition of "Ulysses" to visitors Joe Mugnier, Carolyn Riester O'Connor and John Keir in honor of Bloomsday. Today marks the date on which the James Joyce novel takes place. / RIKARD LARMA, METRO



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1 NEWS

Local tweet

"World Cup is on the televisions here. Philly loves their football (soccer)"

Don't get excited, @ScottyBurberry, it's only because it's the NFL offseason.

Top 3

What's trending online at Metro.us

1 'The seven best celebrity dads'

2 'Remembering Ruby Dee, legendary actress and civil rights icon'

3 'The curious case of Jonathan Papelbon'

No more SEPTA strike, but wages still in limbo

One day. The 13 Regional Rail lines were silent Saturday as 400 rail workers made a stand for a raise.

The SEPTA Regional Rail is back on track, but the two rail workers unions are still fighting for higher wages.

The roughly 400 rail workers — including members of Brotherhood of Locomotive Engineers and Trainmen and the International Brotherhood of Electrical Workers — left their jobs on Saturday, but returned Sunday morning after President Barack Obama appointed an emergency board to try and settle the dispute.

Gov. Tom Corbett asked Obama to appoint the board which would bring the workers back and get the trains moving for at least 240 days, as per the unions agreement.

SEPTA and the unions will now participate in hearings scheduled for the week of June 23. By July 14, Obama's board will issue its recommendation.

The strike was essentially a battle over wage increases. SEPTA offered a $3 an hour increase for IBEW, and for BLET, an immediate increase and then another $2.60 per hour pay increase.

The rail workers said they want the raises to be retroactive to the expiration of its previous contract in 2010, and an additional 3 percent raise.

TOMMY ROWAN
@tommyrowan
tommy.rowan@metro.us

By the numbers

108

The last SEPTA Regional Rail strike, back in 1983, lasted 108 days.

1

This weekend's strike lasted one day.

Looming battle

After the president's board offers its recommendation, another strike is plausible starting in 2015.

Rooting for the home team from far, far away

Michael Chea watches the Switzerland and Ecuador Word Cup game Sunday afternoon at the Piazza at Schmidts. He's cheering for Ecuador, but thinks also Holland could take the title. Ecuador lost the game 2-1.

RIKARD LARMA, METRO

Gunfire

Double shooting in Fairhill, police shot one: PPD

Two men were shot Sunday afternoon, one by a Philadelphia police officer and the other by an unidentified assailant in Fairhill, police said.

The shooting occurred at 3:25 p.m. on the 3200 block of North Randolph Street, police said.

The man who was shot in the left arm is currently in stable condition.

The other man, who was shot multiple times but not by police, is in critical condition at Temple University Hospital.

Police are investigating the incident.

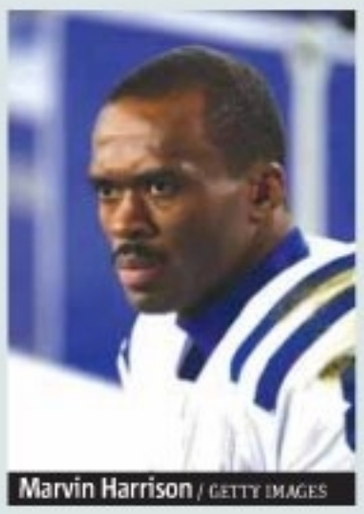
METRO

Philly native

Assailant shoots at Marvin Harrison

Former NFL star Marvin Harrison was shot at Saturday morning as he drove a Wynnefield Heights man away from trouble.

The shooting, which occurred around 3 a.m. on the 400 block of Ford Road, resulted in no injuries.



Marvin Harrison / GETTY IMAGES

After two men broke into a 38-year-old man's apartment, the occupant ran outside and flagged down Harrison, a Philadelphia native and Roman Catholic graduate. He jumped into the bed of Harrison's truck. As the two men exited his home, one fired twice at Harrison's truck.

About $500 was taken from the man's home.

TOMMY ROWAN

Busted. Cops discover cock-fighting ring

A man was arrested and 18 roosters were removed by PSPCA officers after a Kensington cockfighting ring was discovered Saturday.

In the middle of the night, Philadelphia Police and PSPCA officers broke up a large-scale cockfight on the 2900 block of E Street.

Dozens of participants and spectators fled, but officers arrested the owner, according to the PSPCA.

The PSPCA found one deceased rooster and 18 live roosters and brought them to their shelter. They also recovered cockfighting paraphernalia.

Felony charges for cruelty are pending. METRO

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Top honors

Pie Stand wins 2014 food truck Vendy Cup

Pie Stand, named one of the best new food trucks by Zagat earlier this month, took home the Vendy Cup over the weekend, an award given annually to the best food trucks in Philadelphia. Owners Brendan O'Guinn and Shannon Wyffels build both sweet and savory pan-fried pies and set up shop in Fishtown.

The People's Choice award winner was The Cow and the Curd, while Oink and Moo BBQ and Bonjour Creperie also took home awards. METRO

CLASSIC APPLE FRIED PIE
FACEBOOK

Blooming celebration of literary masterwork

Heaventree of stars. Book-lovers will celebrate one of the greatest books ever written.

James Joyce was 33 in 1915. / WIKIMEDIA COMMONS

For the 23rd year, Philadelphia's Bloomsday celebration will bring together lovers of literature for an outdoors all-day reading of James Joyce's "Ulysses."

"The point is to get passersby, just people walking through the city like Leopold Bloom did, to come and see what is happening," said Emilie Parker, director of education at Rosenbach Library and an organizer of the festivities.

"Ulysses," inspired by Homer's "The Odyssey," covers a lot — even the end of the world — but the plot unfolds on June 16, 1904, and follows Joyce's modern-day Odysseus — average schlub Leopold Bloom — as he walks around Dublin. Thus, June 16 is known as "Bloomsday."

Public readings will take place at the Free Library Central Branch from 9:30 a.m. to 10:30 a.m., at Rittenhouse Square from 12:30 p.m. to 1:30 p.m., and from 3 p.m. on at the Rosenbach Library, which houses the original "Ulysses" manuscript.

Dozens of readers, including former Gov. Ed Rendell and Free Library president Siobhan Reardon, will strive to bring Joyce's famously complex prose to life.

"It's like music. You can just sit there and let the words wash over you, even if you're not getting the meaning of all the words," Parker said of Joyce's writing.

Local actor Drucie McDaniel will read the legendary stream-of-consciousness monologue by Bloom's wife Molly that concludes the book. "It shows the whole panoply of the female condition," she said. "I can't believe a man wrote it, and that it's as old as it is and it's still pertinent."

Joyce's Odysseus is a Jewish Irishman who sells ads for a newspaper, and faithful Penelope is the philandering Molly, but McDaniel said the contradictions make the characters human. "He's every man, and she's every woman," McDaniel said.

Visit **Metro.us** for more on this year's Bloomsday celebration.

Greatest book ever?

James Joyce (1882-1941) published "Ulysses" in 1922.

- Deemed obscene, the book was banned in the United States until 1941.
- In 1998, the Modern Library voted "Ulysses" the greatest book of the 20th Century.
- Bloomsday is celebrated across the world by book-lovers who follow the paths of the characters around Dublin, read the book aloud or just enjoy good food and drink.

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SMOKING BANS HIT THE SHORE

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MATTHEW M. TURNER

Matthew M. Turner is a columnist for Metro Philadelphia. You can reach him at matthewmturner@hotmail.com.

The next time you hit the beaches while visiting the Jersey shore this summer, look over your shoulder if you light up, or be prepared to pay a huge fine.

The smoking ban bill was delayed by the state Senate in the New Jersey legislature Friday, according to the AP. In April, the Assembly approved the ban. Senate made an alteration that will make 80 percent of each individual beach smoke-free. Smokers would face a $250 fine for a first offense, $500 for a second and $1,000 for more.

Believe it or not, that's still not good enough for some anti-smoking crusaders. Jen Miller of Philly Mag wrote a piece recently criticizing the amendment to the law for not being strict enough.

"Remember what restaurants in Philadelphia were like before indoor smoking was banned? How smoke-free was your non-smoking section? And that was without a stiff beach wind thrown into the mix," Miller wrote.

Total nonsense. Studies have found outdoor secondhand smoke is usually less risky and varies depending on how close someone is to the smoker. The farther someone is, the less potential harm.

Quoted

The smoking ban is important because it sets the standard for the whole state. It's an affront to that very concept of local communities making these very important decisions.

I was born and raised in Ocean Clty, where alcohol isn't even allowed to be served. It happens to be one of the most popular family-oriented beach resorts in the state. The smoking ban is important because it sets the standard for the whole state. It's an affront to that very concept of local communities making these very important decisions — uniformity, or else.

So what does that mean? A lot of tickets will be written for this new law. It's bad enough driving down to South Jersey, which is a game of sharks and minnows between the state police and tourists. Soon this smoking law will be another smack in the face to some tourists.

In the end, it just a few bad apples ruining it for the rest of us, whether it's the rude smokers who don't throw away their cigarette butts and smoke very close to others in public places, or the bad apples in the legislature who think they can control every minute detail of human existence.

The next time I smoke at the beach, you'll know where I'll be. Under the boardwalk.

Metro does not endorse the opinions of the author.

Laid to rest

Funeral held for 'Pukemon' after his sudden death

A funeral was held Saturday for Matthew Clemmens, 25, of Cherry Hill, New Jersey, who died from a blood infection last week, according to his family.

Clemmens infamously vomited on a police officer and his daughter at a 2010 Phillies game. His strange mugshot went viral online, leading to the nickname "Pukemon."

Clemmens' family has set up a GoFundMe account for donations to help pay medical bills. METRO

Gotta support the team

Americo Rodrigues sells T-shirts at Penn's Landing on Sunday during the Portuguese Heritage Festival, part of the PECO Multicultural Series. Rodrigues says Cristiano Ronaldo — a Portuguese footballer who plays for Spanish team Real Madrid, but is Portugal's national team captain in the World Cup — is the hottest selling shirt. / RIKARD LARMA, METRO

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Iraq insurgent advance spreads to northwest

See more at www.metro.us

Battle. Government forces are using helicopter gunships against ISIL on the outskirts of Tal Afar.

Iraqi tribes men carry their weapons as they gather, volunteering to fight along side the Iraqi security forces against militants. / GETTY IMAGES

The insurgent offensive that has threatened to dismember Iraq spread to the northwest of the country on Sunday, when Sunni militants launched a dawn raid on a town close to the Syrian border, clashing with police and government forces.

As the rapid advance south by the Islamic State in Iraq and the Levant toward Baghdad appeared to slow over the weekend, fighting erupted in the town of Tal Afar 40 miles west of Mosul near the Syrian border, security sources and a local official said.

ISIL fighters and other Sunni Muslim-armed groups have stormed several towns on the road to Baghdad after seizing Mosul nearly a week ago — an offensive which only stalled as it approached the mainly Shi'ite capital.

The advance alarmed both Prime Minister Nuri al-Maliki's Shi'ite supporters in Iran and officials in the United States.

Maliki's security forces and allied militias regained some territory on Saturday, easing part of the pressure on his Shi'ite-led government, and officials said they were regaining the initiative.

But Sunday's fighting in Tal Afar, a majority Turkomen town which is home to both Shi'ites and Sunnis, showed how volatile the deepening sectarian divisions have become.

REUTERS

Quoted

"The situation is disastrous in Tal Afar. There is crazy fighting, and most families are trapped inside houses." A local official

On the same side

Sen. Graham says Iran's help needed to avoid collapse in Iraq

The United States needs Iran's involvement to prevent a collapse of the government in Iraq and should open talks toward that end, U.S. Sen. Lindsey Graham said on Sunday.

"We are probably going to need their help to hold Baghdad [from takeover by the Islamic State in Iraq and the Levant, the Sunni Muslim militant group that has seized control over northern Iraqi cities and is approaching the nation's capital]," Graham said on CBS' "Face the Nation."

REUTERS

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Scooby Doo and Casey Kasem during the third annual DVD Exclusive Awards in Los Angeles on Dec. 3, 2003. /GETTY IMAGES

Casey Kasem, radio deejay, dead at 82

Scooby's pal. He also provided the voice of Shaggy in the cartoon series "Scooby Doo."

Casey Kasem, the U.S. radio personality who counted down pop music hits on his popular weekly radio show and also lent his distinctive voice to hippie sleuth Shaggy in the "Scooby Doo" cartoons, died on Sunday. He was 82.

"Early this Father's Day morning, our dad Casey Kasem passed away surrounded by family and friends," his daughter, Kerri Kasem, said in an online statement. "Even though we know he is in a better place and no longer suffering, we are heartbroken."

Kasem, whose final years were marked by dementia, had been the focus of a dispute between his three children from his first marriage and his second wife, Jean Kasem, who they said had prevented them from visiting as he suffered from Lewy body dementia, a malady with symptoms similar to Parkinson's disease. As his health deteriorated, a Los Angeles judge sided with the adult children and permitted them to withhold food, hydration and his usual medication as they chose comfort-oriented, end-of-life care at a Washington state hospital.

On his syndicated show, Kasem counted down the 40 most popular songs of the week in order, finishing with the No. 1 song. Before each song, Kasem told an upbeat anecdote about the singer's road to success and read letters from listeners. **REUTERS**

Famous line

"Keep your feet on the ground and keep reaching for the stars."

Casey Kasem
This is the closing line that he told millions of listeners at the end of his invariably cheery weekly radio program, which ran from 1970 to 2009.

Drugs and rock 'n' roll

Summer shows amp up screening after 'molly' deaths

Sniffer dogs, pat-downs and other drug screening measures await concert-goers during this summer music festival season in the wake of 2013 concert deaths linked to the club drug known as "molly."

This year's screening at Electric Zoo in New York will be especially robust and will include drug searches. / GETTY IMAGES

The four deaths in 2013 exposed widespread use of illegal stimulants at concerts, raves and electronic dance music shows, along with the difficulties encountered in keeping substances out.

"Drugs have always been a big part of the scene and always will be," said Amy Raves, a Los Angeles-based rave advocate. **REUTERS**

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Mobile users face reckoning day on 'net neutrality'

FCC. Both sides plan to lobby as the agency collects public comments on its proposed rules.

Stricter rules would hurt how wireless carriers manage their dynamic shared networks, leading to slower Internet speeds. / GETTY IMAGES

A surge in mobile Internet usage has U.S. regulators considering whether to apply the same rules to fixed and wireless Internet traffic, and large technology firms are siding with consumer advocates to call for such a change.

The Federal Communications Commission is now rewriting the so-called "net neutrality" rules, aimed at ensuring that Internet providers do not unfairly block or slow down users' access to content on the Web, after their 2010 version was rejected in January by an appeals court. As part of that process, the agency is seeking comments on whether it should take a fresh look at distinctions now drawn between wireless and wireline networks.

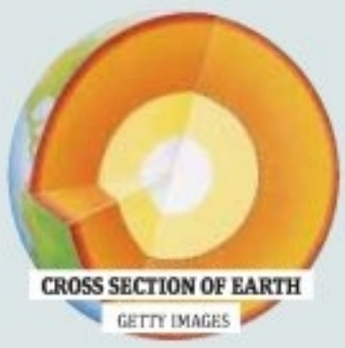
Consumer groups have long advocated stricter anti-blocking and anti-discrimination rules for mobile web traffic.

This year, they have powerful allies in Internet companies like Google and Facebook, who see mobile as an increasingly popular platform.

"The distinction between wireless and wireline is certainly not the same as it was. ... The enforceable net neutrality rules should apply equally, whether you use the Internet on your mobile or home broadband," said Michael Beckerman. **REUTERS**

Deep underground

Water everywhere but not a drop to drink


CROSS SECTION OF EARTH
GETTY IMAGES

If you want to find Earth's vast reservoirs of water, you may have to look beyond the obvious places like the oceans and polar ice caps.

Scientists on Friday said massive amounts of water appear to exist deep beneath the planet's surface, trapped in a rocky layer of the mantle at depths between 250 miles and 410 miles.

But do not expect to quench your thirst down there. The water is not liquid — or any other familiar form like ice or vapor. It is locked inside the molecular structure of minerals called ringwoodite and wadsleyite in mantle rock that possesses the remarkable ability to absorb water like a sponge. **REUTERS**

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Pakistan launches massive operation after airport assault

Deadly. Dozens of insurgents were killed by air strikes, which preceded the ground operation.

The army said ethnic Uzbeks accounted for most of those killed in the earlier air assault. / GETTY IMAGES

Pakistan sent troops and helicopter gunships to the troubled North Waziristan region on Sunday in a long-expected military operation just a week after a deadly insurgent attack on the country's biggest airport.

The Taliban and ethnic Uzbek fighters holed up in North Waziristan — home to some of Pakistan's most feared militants and al Qaeda commanders — have both claimed responsibility for last Sunday's attack on Karachi airport.

The assault all but destroyed prospects of peace talks with the militants, who are fighting to topple the Pakistani government and impose a strict Sharia-based theocracy.

"Our valiant armed forces have been tasked to eliminate these terrorists regardless of hue and color, along with their sanctuaries," the army said in a statement. REUTERS

Troops

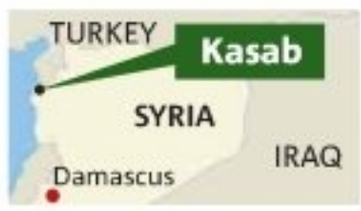
80K

Military sources said Pakistan had sent 40,000 troops to the area, bringing the total to 80,000.

Syria. Government retakes border town in Assad coastal heartland

Syrian government forces retook Kasab Sunday, ousting rebels from the village on the Turkish border in the heartland of President Bashar al-Assad's Alawite minority sect, activists and state media said.

The withdrawal of rebel forces, including some linked to al Qaeda, is another strategic and symbolic blow to an opposition that has been undermined by recent gains by Assad's forces and infighting.



Syrian state news agency SANA said government forces had "restored stability and security" to Kasab and engineering teams were removing mines and explosives. REUTERS

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1 Lana Del Ray gets dark

THE WORD

Ned Ehrbar takes on the world of gossip.

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Lana Del Ray has been comparing herself to dead musicians.

Her last album was called "Born to Die," so maybe we shouldn't be too shocked by Lana Del Ray being exceptionally morbid. But her latest proclamation is sounding alarm bells. "I wish I was dead already," she tells the Guardian, after comparing herself to some late heroes like Kurt Cobain and Amy Winehouse. When the interviewer tries to get her to walk back the outrageous statement, Del Ray counters with, "I do! I don't want to have to keep doing this. But I am."

So what doesn't she want to keep doing? "Everything. That's just how I feel. If it wasn't that way, then I wouldn't say it. I would be scared if I knew [death] was coming."

2

Angelina Jolie has a fan in Queen Elizabeth II.

ALL PHOTOS GETTY IMAGES

That's Dame Angelina Jolie to you

Angelina Jolie now has an English title. The actress and filmmaker received the title of Dame from Great Britain's Queen Elizabeth II in the annual list of birthday honors this weekend. Jolie was recognized for her work fighting against sexual violence in war zones. "To receive an honor related to foreign policy means a great deal to me, as it is what I wish to dedicate my working life to," Jolie says in a statement. "Working on the Preventing Sexual Violence Initiative and with survivors of rape is an honor in itself. I know that succeeding in our goals will take a lifetime and I am dedicated to it for all of mine." Daniel Day-Lewis and Maggie Smith were also recognized.

2 CULTURE

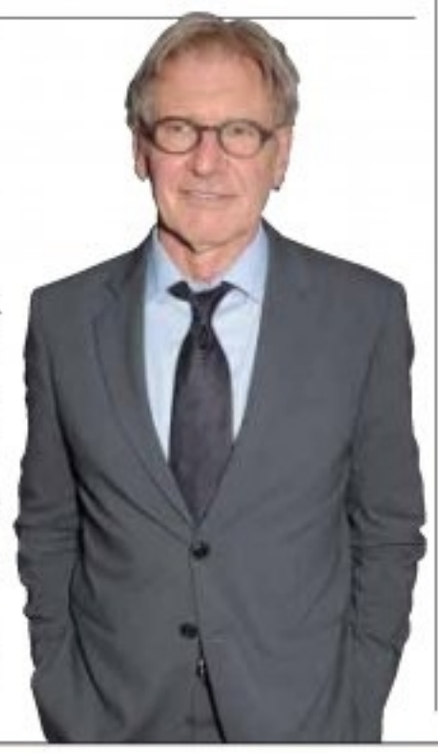
Talking point

Clarkson named her kid 'River'

It's a girl, Kelly Clarkson told Twitter over the weekend. The pop star gave birth to her first child on Thursday and named her River Rose Blackstock. She joins such weird, nature-related baby-naming celebs as Kate Winslet (who named her son Bear) and Beyonce (who named her daughter Blue Ivy).

LASSE E. KRISTIANSEN

3 The force is not with Han Solo



Harrison Ford's injuries on the set of the new "Star Wars" movie may be more severe than producers are letting on. While Ford reportedly hurt his ankle on the London set and is recovering, sources tell the Sun that there's a lot more to it. "We were told he had some pelvic injuries and may have had a chest X-ray," says a source, adding that Ford was airlifted to Oxford's John Radcliffe Hospital after a piece of the Millennium Falcon unexpectedly fell on him. "There's talk his ankle is actually broken. And he may still be in the hospital. The cast is livid. They are openly questioning the safety of sets. They've asked for everything to be triple-checked." Ford's wife, Calista Flockhart, has reportedly rushed to London to be by his side while he recovers.

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ICE CUBE

The rapper-actor-filmmaker knows comedy sequels can be a headache, and he doesn't mind being asked about the police.

AMERICA'S MOST WANTED

Ice Cube, who played the patience-tested captain in charge of Channing Tatum and Jonah Hill in "21 Jump Street," is back and grumpier than ever in "22 Jump Street," a sequel well aware of itself. The former N.W.A. rapper fills us in on the new film and the awkward legacy of "F— tha Police."

What did you think when you saw how much more you'd be doing in this one compared to the first?
I liked it, you know? I think people love Capt. Dickson. [Laughs] He talks as much s— as possible, and everybody's with it. It was cool just to get the tone right and to do a movie that people dig that's fun — as fun as the first one. I think our greatest asset is low expectations.

But after the success of the first one, it would seem expectations would be pretty high.
Yeah, but people in the back of their minds don't think we could get the sequel as good as the first one. People rarely do. It's not easy to include the audience without taking them out of the story, but [directors Phil Lord and Chris Miller] do a great job of letting people know that we're making a cheesecake out of a cheesy idea. [Laughs] This kind of movie, the worst thing it could do is take itself too seriously.

Are you taking any lessons here as you go into planning a sequel for "Ride Along"?
Yeah, you know, I'm a vet at doing sequels, but they're hit-and-miss. I think the real page you need to take away from it is to make sure you do a new movie that can stand on its own two feet and not a movie that's borrowing off the first movie, because that's when you get lazy and you run into trouble.

Some people took the success of "Ride Along" as a surprise. How did you feel about that?
You know, that's cool. [Laughs] I love to be underestimated. It gives me a leg up to get underestimated. And to surpass expectations — it's all glory.

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The pigs

How often do people ask about the irony of you playing a cop, since you got your start with "F— tha Police"? And how tired are you of getting that question?

They actually happen every interview, and I'm not tired of it. If you really know what I'm talking about in the music, you know I'm talking about dirty cops, I'm talking about corrupt cops, I'm talking about cops who abuse authority. I'm not talking about the cops who come and save your grandmother when she's getting mugged. So to think I hate all cops is crazy. And I'm in Hollywood: They're obsessed with the lives of law enforcement and military. So if I'm doing movies, especially over 20 years, it's more than likely I'm going to end up playing something like that.

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Binge on art at SoLow

Festival. Mike Durkin's art exhibit at SoLow Fest gives an up-close look at gross consumption and aggressive Americanism.

If you go

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Competitive cheesecake eating is just one part of Durkin's exhibit to look forward to. / MEGHANN HICKSON

Nothing epitomizes America's penchant for overindulgence quite like the Nathan's Hot Dog Eating Contest, held every year on the nation's birthday, the Fourth of July, in Coney Island. Nothing, that is, except maybe for Mike Durkin's experience at that competition.

"I went to the Nathan's Hot Dog Eating Contest last summer," Durkin recalls, "and there was a young girl there who was very intoxicated — this was at 11 a.m. — and she spoke very broken English, was wearing an American flag crop top and sloshing around. And then she vomited on me."

Durkin aims to capture that combination of gross consumption, debauched revelry and gaudy patriotism in his new show, "Cheesesteaks Cheesesteaks Cheesesteaks Cheesesteaks Cheesesteaks," which he'll premiere as part of this year's SoLow Fest. The show is part performance piece, part pro wrestling-style spectacle and part eating competition. It will be performed at The Garage on Passyunk Avenue, providing a view of the neon lights and actual cheesesteak gorging.

Now in its fifth year, the SoLow Fest presents original, grass-roots work, mostly solo performances, in non-traditional venues throughout the city. Durkin's piece will feature multiple performers, but he's emphasizing the "Low" half of the festival's title, saying, "There's a component of SoLow that's about the idea of something very cheap and raw to produce."

Festival co-founder Thomas Choinacky adds, "Solo work is always the impetus behind the projects involved in SoLow, but we're not here to manipulate the growth of people's creative processes. There are times that you are making a solo show and then you realize that the project needs another person, or maybe four. SoLow Fest is a platform for artists to create work that they never thought they could."

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A MINUTE A DAY ADDS UP TO ZEN

When people tell me they don't have time to meditate, I reply, "Do you have time to feel like crap?" If you're a busy person looking for meditative moments throughout your day, then follow these seven steps.

We all have a minute to spare

One minute of every day spent in stillness can change your life. Commit to taking even just one minute a day, using it to silence your mind and calm your energy, and follow this breathing technique: Breathe in for 5 seconds, hold your breath for 5 seconds, release for 5 seconds, hold for 5 seconds.

Peace is in your pulse

A great meditation for beginners is what I've nicknamed Peace Is in Your Pulse. It improves your concentration and brings calm to even the most scattered mind.

Begin by sitting comfortably cross-legged on the floor. Lightly close your eyes and focus on the space between your eyebrows (the third-eye point). The mantra is "sat nam" (which means "truth identified").

The hand position (mudra) is simple. Place the four fingers of your right hand on your left wrist over your pulse. On each beat of your pulse, mentally hear the sound of sat nam.

Peace begins with you

This technique is a fantastic Kundalini meditation that's fast, easy and effective. It will get you through all kinds of crazy emotions and help you release resentment fast.

Gently press your thumb against your other four fingers individually, and say one word: index finger (peace), middle finger (begins), ring finger (with), pinkie finger (me).

Breathe deeply as you say each word. Go as slow or as fast as you'd like.

Meditate while you cook

If you enjoy cooking, then it can be considered a meditative practice. Time spent in the kitchen is designated for creativity and helps you detach from your day. Enjoy the process, and then enjoy the meal!

Use these steps to bring more meditative moments into your day and get your zen on!

Metro does not endorse the opinions of the author.

Zen in the City

GABRIELLE BERNSTEIN

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Gabrielle Bernstein is the author of "Spirit Junkie." Her new book, "Miracles Now," is in stores now.

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Career advice for

Graduation. These celebs tell grads how they made it to the top.

Embarking on a new adventure isn't as nerve-wracking when you're armed with good advice. / GETTY IMAGES

College commencement addresses have traditionally been filled with career and life advice for newly minted grads. As graduation season comes to a close, we rounded up the best pieces of career advice we've heard from recent speeches given by celebrities.

These stars took time to reflect on their own career trajectories and the lessons they've learned over the years. Here, in no particular order, are some of the highlights:

Tory Burch

The fashion designer told Babson College grads of the lessons she learned while building her brand.

"Being an entrepreneur isn't just a job title, and it isn't just about starting a company," she said. "It's a state of mind. It's about seeing connections others can't, seizing opportunities others won't."

Shonda Rhimes

The creator of the hit shows "Scandal" and "Grey's Anatomy" urged Dartmouth grads to focusing on doing rather than dreaming.

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the class of 2014

You want to be a writer?" she asked. "A writer is someone who writes every day, so start writing. You don't have a job? Get one. Any job. Don't sit at home waiting for the magical opportunity."

The key to happiness

Barbara Walters

While receiving a lifetime achievement award from the Fred Friendly First Amendment Award committee at Quinnipiac University, the recently retired Barbara Walters shared these tips for living a fulfilling life. While this isn't from a commencement speech, we loved this advice so much we had to include it:

THE RECENTLY RETIRED BARBARA WALTERS SHARES HER SECRETS FOR A FULFILLING LIFE.
GETTY IMAGES

1 There has to be something you have to do — most importantly, something you want to do.

2 You have to have someone to love, and to love you, not necessarily a family. Sometimes it's just friends. I don't have a big family. I have one child. I would be lost without my friends.

3 You have to have spirituality of some sort. I don't mean that it has to be religion. It can be ethics. It can be a philosophy.

4 You have to have strength of purpose in mind.

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Horoscope

♊ Gemini | May 22-June 20. Ignore anyone making derogatory comments. It's your turn to be in the limelight. Someone with similar views will be interested.

♋ Cancer | June 21-July 22. Get together with friends and figure out how to care for a loved one. Sharing responsibilities will help you develop respect.

♌ Leo | July 23-Aug. 22. If you are faced with opposition, consider that it could be your fault. Your intentions may be good, but if you are too aggressive, you only create friction.

♍ Virgo | Aug. 23-Sept. 22. Implementing a new nutritional regimene will have health benefits if you practice moderation and monitor the results.

♎ Libra | Sept. 23-Oct. 22. Take time out to socialize and nurture your personal dreams. If you are single, mingle, and if you are part of a couple, plan a romantic evening.

♏ Scorpio | Oct. 23-Nov. 21. You can't please everyone, so do what you can to satisfy your own needs. Don't fall prey to guilt being directed at you.

♐ Sagittarius | Nov. 22-Dec. 21. If you are unclear about what is happening around you, get involved. Check out the doings in your community.

♑ Capricorn | Dec. 22-Jan. 20. Don't give up on your dreams. Success doesn't happen by accident. Be prepared to work hard.

♒ Aquarius | Jan. 21-Feb. 18. Don't have any qualms about speaking your mind. You may receive some negative feedback, but trying to hide your feelings won't help resolve a situation that is puzzling you.

♓ Pisces | Feb. 19-March 20. Rumors will spread like wildfire. Don't repeat or believe it. Your intuition will help you decide how to handle it.

♈ Aries | March 21-April 20. Run your ideas by your peers. Networking is an excellent way to discover how you can make a work-related improvement. An alliance will develop.

♉ Taurus | April 21-May 21. Be a participant, not a spectator. Get into the spirit of the moment and agree to take on a new challenge.

BERNICE BEDE OSOL

Sudoku: Easy and hard

	5			7		8	2	
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6			2					
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8					4	2		1
	4	6		3			9	

		9			3	2		1
			1			6	7	
1				4				3
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9				3				7
7	5		9		8			
2				7				5
	4	1			5			
5		7	6			1		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Maybe soon it won't be news

Re: 'Some things should stay personal' (Metro, June 13-16) People like letter writer C.M. Parns have no idea what it's like to hide and live in fear. You don't announce that you're straight every time you walk into a room because you don't have to. Surely you freely talk about your partner, thus clearly stating your orientation without even realizing it. I would challenge you to avoid discussing any aspect of your home life with anyone for about a month and see how it feels. Avoid any topic where a gender pronoun is necessary. Only then will you know get a glimpse of how it feels to be gay or transgender.

My hopes are the same as yours, though for different reasons. I hope we will see a day where stories like this aren't printed because they don't NEED to be — because they aren't news.

TARA WILLIAMS, VIA EMAIL

More soccer coverage

I am a big fan of Metro who was very disappointed on the lack of coverage for the World Cup. On an international level, with so many people in this city supporting their home teams, it should have been given more coverage.

MARIELLE MENDOZA, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Visit us online at **Metro.us**

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

Across
1 Noon on a sundial
4 Frighten
9 Huff and puff
13 Mountainous st.
14 Languor
15 Seaweed extract
16 Picnic intruders
17 Barely getting by
18 Ceremony
19 Walk clumsily
21 — horse
23 Fertile loam
25 Woolen fabrics
26 1950s teen idol
29 Bird's melody
31 Cause
32 Actress Madeline —
33 Apartment mgr.
37 Bolt holder
38 Most frugal
41 "Don't have a —, man!"
42 Food critic – Greene
44 Poker stake
45 Parrot's word
47 Gauguin's prop
49 Vast assortments
50 Baby whales
53 Hungry one
55 Clung
57 Furtiveness
61 Touchdown
62 Raj headquarters
64 Makeshift swing
65 Robert the Bruce's tongue
66 Earth pigment
67 Some CDs
68 Pore over a book
69 Marshal's band
70 Coral islet

Down
1 Lucy Lawless role
2 Like the U.N.
3 Pancreas output
4 Get lower
5 Pharaohs' amulets
6 Kind of cycle
7 Now, to Caesar
8 Uses a wrench
9 Attics
10 Limber
11 Glutted
12 Hunters' quarries
13 License plate
20 Castle defenses
22 Floor
24 Catch off guard
26 Dracula's tooth
27 Water, to Pedro
28 — noire
30 Roller coaster cry
32 Welles' Citizen —
34 Home of the Bruins
35 Roly- —
36 Couples
39 Declined
40 A crowd, maybe
43 Flattened
46 Unpredictable
48 – Lingus
49 Duds
50 Hoopster
51 Light incense to
52 Tibet's capital
54 What coals become
56 Car salesman's deal
58 Milan money, once
59 Shallow container
60 "— So Shy"
63 Scale meas.

Weekend's answer

J	O	V	E			D	R	A	M		F	L	A	G
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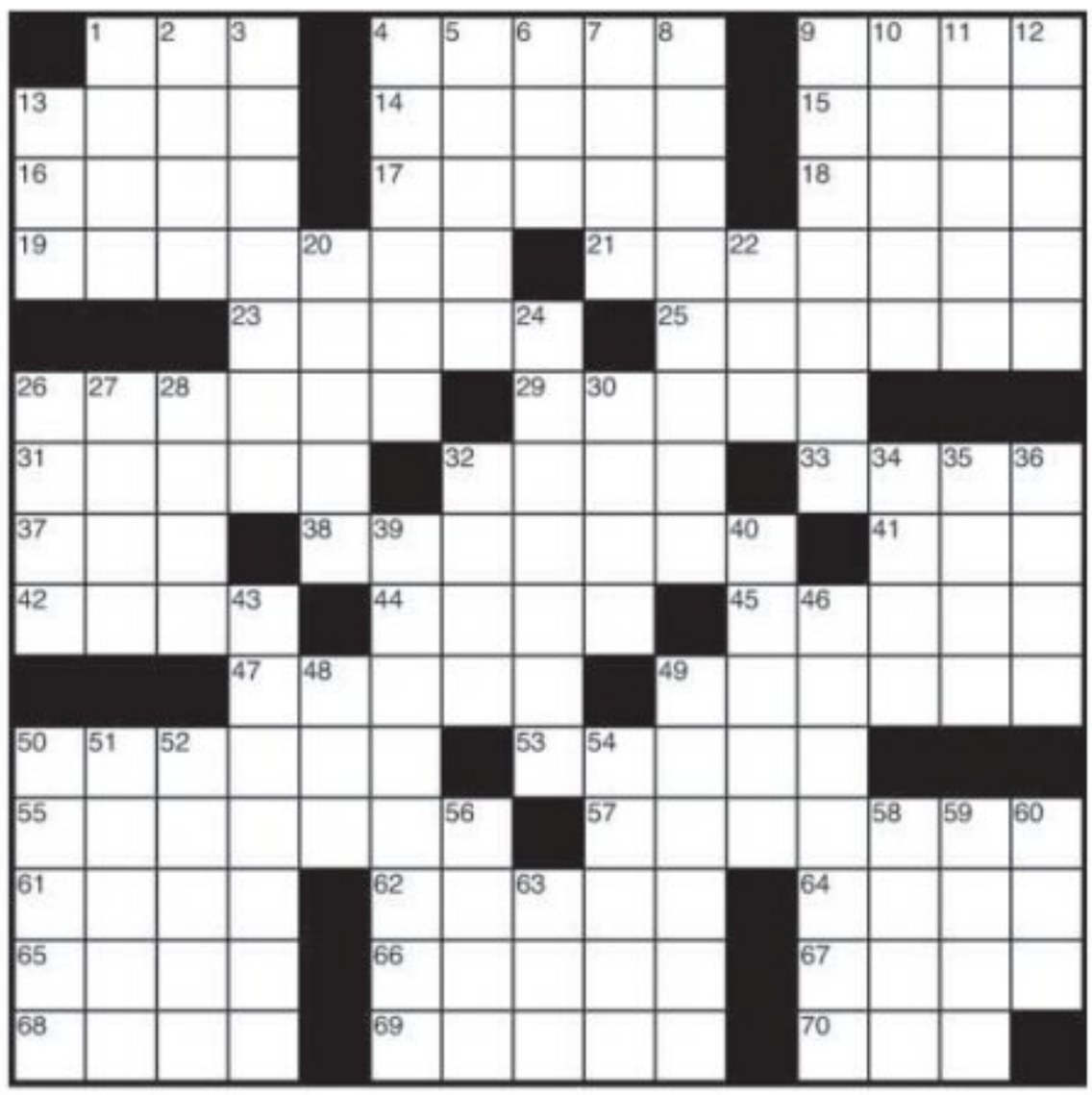

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5 Rollins moments in Phillies history

Mike Schmidt can relax and play some golf. The greatest Phillie in franchise history has been waiting for Jimmy Rollins to surpass him for the most hits ever for the club that was established in 1883.

When Rollins laced a single to right Saturday for hit number 2,235, Schmidt picked up Rollins bat and hugged the diminutive enigma, who is in his 15th season as the Phillies shortstop. During that period, Rollins has experienced the highs (a 2008 World Series title) and lows (the last years of the Vet and, well, now).

Here's a look at J-Roll's TOp 5 accomplishments as a Phillie.

ED CONDRAN
@EDDIESCORES
sports@metro.us

5 Rollins saves Lidge, 2008 NL East title

Brad Lidge would have one blemish on his 2008 season if it weren't for Jimmy Rollins. J-Roll dove to his left with one out and a man on third in the ninth against the Nationals. J-Roll flipped to Chase Utley, who fired a strike to Ryan Howard. So began the NL East division championship celebration.

4 Rollins rules in 2007

J-Roll capped his '07 MVP season by hitting his 20th triple on the final day of the season, when the Phillies clinched their first division title since 1993. It was one of many huge hits Rollins had, while leading the Phillies to an unlikely playoff berth after the club started 4-11 and were seven games out of first with 17 games to play.

Visit **Metro.us** to read about Phils, who lost a key series to the Cubs.

J-ROLL, PHILLIES HIT KING

3 Rollins sets all-time hit record for Phils

In an age of when stars are carpetbaggers, it isn't easy for players to stick around and break franchise records.

But Rollins, who loves wearing red pinstripes, eclipsed the iconic Schmidt with an impressive 2,235 hits.

With a losing season likely and the trade deadline looming, it will be interesting to see if he remains in Philly until the end of the season.

1 Rollins beats Broxton, Dodgers

With the Phillies down by a run with two on and two out Rollins drilled a gapper to easily score Eric Bruntlett and Carlos Ruiz. It was the turning point of the 2009 NLCS, which the Phillies won in five games. The walk-off double was one of the biggest hits in Phillies history and certainly of Rollins' career.

Phillies fans have very fond memories of Jonathan Broxton on the mound. / ALL PHOTOS GETTY IMAGES

3 SPORTS

No. 5

Rollins tells the future

It wasn't a game-winning homer or a stellar defensive play but when Rollins told the media in January of 2007 that the Phillies were the team to beat, he backed it up as his teams roared back from oblivion to beat the choking Mets. "I ain't no prophet, I'm a baseball player," Rollins said. But Rollins was certainly the leader of the greatest team in franchise history.

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Cubs 3, Phillies 0

Phillies drop another series in shutout loss

The Phillies lost Sunday's game, and the series 2-1, to the worst team in the National League 3-0 Sunday.

A.J. Burnett pitched well for the Phils, but the offense, with a bevy of opportunities to score, failed to do so — dropping the Phillies to nine games below .500. METRO

BURNETT FELL TO 4-6 THIS SEASON.
GETTY IMAGES

Hextall wants vets

Flyers GM says he likes veteran Lecavalier

The Flyers already have resigned a key piece — 39-year-old defenseman Kimmo Timonen — who will return to the Flyers for at least one more year.

It could be possible that another long-tenured NHL player will be back the club sooner than later.

"I have no problem with Vinny [Lecavalier] coming back, or whatever happens," Ron Hextall told the media in a conference call. "I like Vinny as a guy and a player. Hopefully he's coming back."

The forward netted 20 goals in his first season in Philadelphia in 2013-14. METRO

Calling it quits

Former Eagles QB Young officially retires

After several failed attempts to get a gig with another NFL team, one-time Eagles' back up quarterback Vince Young made his retirement official.

"It's definitely official I think in my book," Young said Saturday. "Unless we get a great opportunity, something guaranteed." METRO

YOUNG PLAYED SIX GAMES FOR THE EAGLES.
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World Cup. Team USA opens tournament run against Ghana

Ghana has been kryptonite for the United States national team in the World Cup.

Ghana's win in the final game of the group stage prevented the U.S. from advancing in the 2006 World Cup. Four years later, Ghana knocked the Americans out in the second round after the Yanks had won their group. In a twist of fortune, this World Cup campaign opens with the African giants (6 p.m., ESPN).

Here are three reasons the United States can pull off a win in their opener.

1 They don't know any better

Only four players who started in the loss to Ghana in 2010 return to the likely starting 11 on Monday. A similar youth movement helped carry the Americans to a quarterfinal run in 2002 and to some respect in 2010, when they shocked the world with a tie against England and won their group. Sometimes, a little naivete can be a good thing in the world of sports.

2 Unpredictability

After a series of friendly matches leading up to the World Cup, we still have no clue what head coach Jurgen Klinsmann has in mind for this team. The formation might be a diamond midfield, it might not be. Guessing at a starting 11 is anyone's bet.

3 Scoring again

After a rough go in England last year with Sunderland, Jozy Altidore is finally scoring again — a huge lift for the team. His skill set is unique and as a true striker, he must be counted on to bury chances regularly.

KRISTIAN DYER

US starters

Jurgen Klinsmann is very secretive about his lineup, but this is our best guess.

- **Goal:** Tim Howard
- **Defense:** DeMarcus Beasley, Matt Besler, Geoff Cameron, Fabian Johnson
- **Midfield:** Jermaine Jones, Kyle Beckerman, Alejandro Bedoya, Michael Bradley
- **Forward:** Clint Dempsey, Jozy Altidore

THE 19-YEAR-OLD PHENOM JULIAN GREEN KNOWS NOTHING OF PAST HEARTACHE AGAINST GHANA.
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